

What does smoking have to do with diabetes problems?

Smoking and diabetes are a dangerous mix. Smoking raises your risk for many diabetes problems. If you quit smoking,

- you will lower your risk for heart attack, stroke, nerve disease, kidney disease, and amputation
- your cholesterol and blood pressure levels might improve
- your blood circulation will improve

If you smoke, stop smoking. Ask for help so that you don't have to do it alone. You can start by calling 1-800-QUITNOW or 1-800-784-8669.

